

The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

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By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership. Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Once Upon A Generation

*"Building bridges between the generations'
One story at a time"*

Please join us for a peek into the young lives of our *sensational seniors!* The performance is the culmination of a ten week intergenerational program, connecting our local Lakeville and Freetown seniors with experienced storytelling students from the George R. Austin Intermediate School and Freetown/Lakeville Middle School.

Travel back in time and listen to a young man's personal experiences during the Civil Rights Era, a toddler's journey through her teen years in the poverty of the Great Depression, a teenager's great adventure through a blinding New Hampshire snow storm and so much more. These true stories are touching and powerful glimpses into the past, of lives changed, transformed, and enriched by their experiences.

This program is about building bridges between the generations and both the seniors and students delight in each other's company! These stories will be performed (not read) by seasoned student storytellers and we guarantee you will be entertained and enthralled!

AT: Freetown Historical Society, 1 Slab Bridge Road, Assonet

DATE: Thursday, June 7, 2018 at 6:30 PM

Admission is FREE, Handicapped access is available.

There will be stories, music and light refreshments.

All are welcome. Questions? Please call the COA

This program is supported in part by a grant from the Lakeville Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Submitted by Karen Chace

Freetown Senior Birthday Party

On Thursday, June 14th, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Apricot chicken, by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, June 7th

Cyd's Lunch: Tuesdays at 11:30 AM

June 5th, Chicken pie

RSVP and \$7.00 due by May 29th

June 19th, Meatloaf

RSVP and \$7.00 due by June 12th



It's tea time! Join us for a tea party social. Light refreshments will be served. Bring a friend, or, maybe, make some new ones. Bring your favorite tea cup; we will have some here also! Thursday, June 28th at 11:00 AM, Please RSVP by June 21st

Seated Massage

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

Breakfast at Freetown Elementary School!

The Freetown-Lakeville Regional School District would like to invite you to join us for breakfast.

Wednesday, June 6th at 8:00 AM Located at 43 Bullock Rd. Freetown, MA

Join us for: Scrambled eggs, Pancakes, Hash Brown, Bacon, Coffee, Tea and Juice

Please sign up by May 30th 2018

*Submitted by Richard Medeiros,
Superintendent of Schools*



Parkinson's Support Group

Our next meeting will be held on Thursday, June 14th at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer, Dick Kelley, will be here Mondays, June 11th and 25th at 12:30 PM. Please call the COA for an appointment

Senator and Representatives

Representative Paul Schmid will be here Monday, June 4th from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, June 27th from 9:30 AM to 11:30 AM
Representative Carole Fiola will be here Monday, July 2nd from 10:00 AM to 11:00 AM

Pool Table

Mondays, 9:00 AM

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

Ice Cream Social

Mondays, 1:00 PM

Come on in and have a cool and refreshing ice cream sundae. Choose your own toppings!

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

GOLDSILVER**PLATINUM**

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Tuesday, June 19th from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

Painting Class

Last Class June 20th, will resume in September
Painting...Drawing...Mixed Media...Art Classes
Wednesdays, 9:00 AM to 11:30 AM

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Meat Bingo Game

Wednesday, June 20th at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, June 15th**, win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Blood Pressure

Wednesday, June 27th 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursdays, June 7th at 1:00 PM and 21st at 12:00 PM

Yoga

Fridays, 10:00 AM, using a mat
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables
Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Thursday, June 14th and Monday, July 9th at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.
We are looking forward to hearing from you!

Submitted by Michael Freilich



USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Brown Bag” Program

Wednesday, June 27th

From 10:30 AM to 12:00 PM

At the front of the building

“**Brown Bag**” distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,860 per month
2 people	\$2,504 per month
3 people	\$3,149 per month
4 people	\$3,793 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Country Travelers Trips in 2018

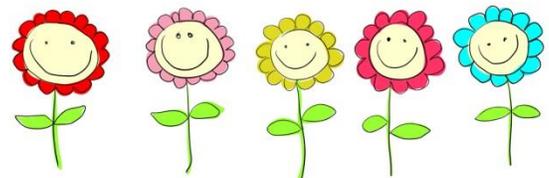
July 19, 2018-Thursday-Boston Harbor Luncheon Cruise

August 3-10, 2018-The Azores—the island of Sao Miguel

August 14, 2018-Tuesday-Aqua Turf, Plantsville, CT, Lunch and show

ALL above trips leave from the backside of Hampton Inn (Next door to White’s Restaurant) far side near tennis courts. If enough people register from this area, they will make the Senior Center a pick up destination. Any info please call Veronica Beaulieu at 508-636-4889.

Submitted by Judy Emond



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
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Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

July 17, 2018, Tuesday, Block Island & The National Hotel with Point Judith Ferry-\$104.00 PP

August 23, 2018, Thursday, Lobster Bake & Cape Ann/Gloucester Visit-\$94.00 PP

September 26-28, 2018, Wednesday-Friday, 3 Days/2 Nights Penn. Dutch & Amish-\$469.00 PP/Double

October 12, 2018, Friday, Sweets, Treats & Foliage in New Hampshire-\$84.00 PP



Directors Note

We would like to thank Cindy Mather for all her work on our gardens and flower beds. The tulips came out beautifully. She has vegetables she will be planting shortly, when the nice weather is finally here. Come on down and check them out.



Spaghetti Dinner

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all you can eat pasta meal on Thursday, June 14th, from 5:00 PM to 7:00 PM. \$7.00 PP, 70+ \$5.00 PP, 90+ free. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur